How Video Games Bring People Together

Community NerdyBirdy Aug 5, 2022

The Importance of Human Connection

One of the most important aspects of any life is a person's connections and relationships. Our friends, families, and partners provide love, support, and care to our lives. And our larger circle of acquaintances and surrounding community help us to maintain our overall health and wellbeing. These cumulative interactions are not insignificant. Researchers at universities and governmental agencies have noted that strong social bonds and connections can have far-reaching positive impacts on an individual's physical and mental health.

However, it's been equally noted that the last several years were filled with a recession of social interactions, connections, and relationships. From the ongoing COVID-19 pandemic to a general decrease in social clubs and institutions, there's been a marked decrease in the number of social touchpoints for millions across the globe. As we mentioned earlier, this can have severe repercussions as social connections clearly affect both health and wellbeing.

The Social Power of Gaming

Fortunately, new social spaces have emerged that allow individuals worldwide to interact with each other and develop new relationships in ways that weren't previously possible. Gaming, for example, has grown from a casual leisure activity into a global community of millions of gamers. And for many gamers, the social aspects of gaming are the main reason to game.

While the stereotype of the solitary, loner gamer is still pervasive in media portrayals, the reality is that gaming is an inherently social activity. Games are not played in isolation, even gamers engaged in offline single-player games will congregate in forums and online threads to share their progress and discuss the game.

And the relationships developed during gaming sessions are not shallow acquaintances either. Many gamers met lifelong friends, found their future spouses, or experienced other lasting and enriching feelings of community through gaming.

Bringing People Together with the Xbox Ambassadors

As Xbox Ambassadors, we innately understand the support and friendship that can come from joining the gaming community. We also appreciate the vital work it takes to ensure that this community continues to provide caring support to all its members. That’s why everything we do focuses on creating a positive, inclusive, and welcoming environment for all gamers because we know that when everyone can play, we all win.